Our simple half marathon training guide to help you go

The Extra Mile

www.robinhoodhalfmarathon.co.uk
Let’s go The Extra Mile with Ikano Bank

Richard Whitehead MBE
Ikano Bank Robin Hood Marathon Ambassador

Run like the tortoise and the hare - or stag?

A fartlek session can be either the easiest or hardest thing you do all week.

It’s a Swedish term meaning ‘speed play’, and consists of fast, medium and slow running over a variety of distances.

“It’s a proven training technique to help you run (and it sounds funny too).”

After a steady warm-up, simply pick a landmark – for example a tree, lamp-post, or phone box – and run to it hard, then jog (slowly!) until you’ve recovered and repeat.

I’ve helped Ikano Bank put together this guide to hopefully make you realise that you can run a half marathon. You might think you can’t do it but I want to be your inspiration. I’m living proof that, if you don’t put limits on yourself, you can and will get what you want out of life.

I’ll be off to the World Para Athletics Championships in London in July but I’ll be with you, training, the whole way until September 24th. Follow this guide, keep up with my progress and we will go the extra mile at the same time.

Good luck with your training.

There are a lot of things you think you can’t do. I didn’t think I could run my first marathon, way back in 2004. But I did. I didn’t think I could get gold in London. But I did. And then again in Rio. I definitely didn’t think I’d still be running at this level in my forties. But here I am.

If you think you can’t do it, you can. Don’t put limits on yourself. You can and you will get what you want out of life.
## Half marathon training

### Our simple 14 week training plan to help you go The Extra Mile

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- **Rest day**
- **Fartlek**
- **Run/Jog**
- **Slow run/Walk**
- **Strength training**
- **Cross training**

Half marathon
For cross training you need to do something which isn’t running. For example you could go swimming. Or cycling. Or do a bit of yoga.

**Cross training**

**Strength training**

- **Kneeling press ups**
  - Get into a press up position, only on your knees (who’d have thought).

- **Press ups**
  - Get off your knees and do the same as the kneeling press up.

- **Plank**
  - Get into a press up position with your forearms on the floor. Tense your abs and hold for 20 seconds.

- **Lunges**
  - Start with feet shoulder width and step forwards, sinking as low as you can on your back leg, so your back knee nearly touches the floor. Then power through and repeat on your other leg so that you travel forwards.

- **Squats**
  - Stand with your feet shoulder width apart. Bend your knees and keep your back neutral. Lower yourself until your upper leg is parallel with the ground.

- **Crunches**
  - Lie on the floor (yay!) with your legs bent. Place your hands behind your head. Now tense your abs and raise your shoulders and chest off of the floor.

Do twenty reps of each movement in the shortest amount of time possible.